



# A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY  
FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

September, 2001

## SPACE COAST CHAPTER, FEW 2001 – 2002

### Officers and Committees

President	Connie Dobrin
Finance	Karin Biega
Newsletter	Sharon White
NTP/RTP Planners	Barb Powel/Dawn Partlow
Nominations	Arden Belt
Parliamentarian	Carolyn Burnham
President Elect	Barbara Powell
Seminar	Becky Fasulo
Compliance/Diversity	Sue Gaines
Webmaster	Debbie Ward
Vice President	Dawn Partlow
Programs/Publicity	Jean Grenville
Community Outreach	Aneta Ott/Patti Rissman
Bylaws	To Be Assigned
Treasurer	Valarie Franklin
Membership	Clara Anderson
Environmental	Valarie Franklin
Sunshine	Christy Vanasse
Secretary	Suzanne Worland
Scholarships	Jane Eitel
Legislation	Vickie Hall
Historian	Carolyn Burnham
Past President	Aneta Ott
National Legal Chair	Karin Biega
NTP 2002 Chair	Clara Anderson
Regional Awards	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Vickie Hall

## PRESIDENT'S MESSAGE Connie Dobrin

### I'VE LEARNED

- I've learned that we don't have to change friends if we understand that friends change.

- I've learned that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.
- I've learned that true friendship continues to grow, even over the longest distance. The same goes for true love.
- I've learned that you can do something in an instant that will give you heartache for life.
- I've learned that it's taking me a long time to become the person I want to be.
- I've learned that you should always leave loved ones with loving words. It may be the last time you see them.
- I've learned that you can keep going long after you can't.
- I've learned that we are responsible for what we do, no matter how we feel.
- I've learned that either you control your attitude or it controls you.
- I've learned that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.
- I've learned that money is a lousy way of keeping score.
- I've learned that my best friend and I can do anything or nothing and have the best time.
- I've learned that sometimes the people you expect to kick you when you're down will be the ones to help you get back up.
- I've learned that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.
- I've learned that just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.

- I've learned that maturity has more to do with what types of experiences you've had and what you've learned from them, and less to do with how many years you have lived.
- I've learned that it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.
- I've learned that no matter how bad your heart is broken the world doesn't stop for your grief.
- I've learned that our background and circumstances may have influenced who we are, but we are responsible for who we become.
- I've learned that just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do love each other.
- I've learned that you shouldn't be so eager to find out a secret. It could change your life forever.
- I've learned that two people can look at the same thing and see something totally different.
- I've learned that people who don't even know you can change your life in a matter of hours.
- I've learned that even when you think you have no more to give, when a friend cries out to you will find the strength to help.
- I've learned that credentials on the wall do not make you a decent human being.
- I've learned that the people you care about most in life are sometimes taken from you too soon.

Author Unknown

As we get closer to NTP 2002 and our local seminar for next year, we need to provide as much support and assistance as possible. Please open your minds, your hearts, and your time. If someone contacts you, try to provide the assistance requested. Also, request your friends participate and become members. For the next year, our chapter will be devoted to preparing for the seminars. Hard work generates friendships. Within the next year, our chapter will become more loyal and more supportive

than ever before. Space Coast Chapter of FEW is a major player in the past, present and future of National FEW. Join the team and enjoy the fun. See you at our next meeting. To avoid lengthy monthly meetings, separate meetings will be held to discuss the NTP 2002 and the local seminar. Look forward to seeing you at our next meeting.



### Colors of the Rainbow

Take a look at your grocery cart. What colors do you see? If your answer is beige, beige and more beige, you're not alone. A recent National Women's Health Report on nutrition finds most of us regularly eat only a limited number of foods, mainly colorless carbohydrates such as breads, cereals, pastas, rice and potatoes. In doing so, not only are we packing on the pounds, we're also ignoring other nutrient-packed foods that are essential for health. "The body needs forty different nutrients daily," says Gail C. Frank, Ph.D., R.D., a spokesperson for the American Dietetic Association and a professor of nutrition at California State University, in Long Beach. "If your core group of foods is small, you're preparing yourself for disaster."

**Use the Power of the Pyramid.** Ensure you're receiving all the nutrients your body needs by following the food pyramid. Start with six to 11 small servings of grains per day. Follow with five servings of fruits and vegetables; two to three servings of dairy; two to three servings of meat, fish or poultry; and a little salt, sugar and fat.

**Pay Attention to Portion Sizes.** When you're planning your menu, keep in mind one serving of pasta or rice equals a half cup -- about the size of your fist -- and one bagel counts as about three servings.

**Call on Mother Nature.** Summer is prime time to make use of fresh produce. Start with a plateful of greens and add chicken, mandarin oranges or any type of steamed veggies. To get your beige fix, a couple of breadsticks or a small serving of potato salad is fine. If you put a rainbow of foods on your plate every day what

you'll find at the end of that rainbow is a healthy, balanced, low-fat diet.

**The Rainbow Connection.** Green foods are packed with vitamin C and beta-carotene, both cancer-fighting antioxidants. Dark greens also contain calcium. Red tomatoes contain an antioxidant called lycopene, which reduces the risk of stomach and colon cancers and of lung disease. Orange foods are full of vitamin C and beta-carotene. Yellow corn is full of fiber and iron. —Excerpted from *Ladies Home Journal*

### MEMBERSHIP COMMITTEE

**Clara Anderson**

Thanks to Debra Dukes and Lynn Heggs for renewing their memberships.

We are truly glad to have you as a part of our Chapter and if anyone has any questions, call Clara Anderson at: 321-639-3154 (voice); 321-638-4228 (fax) or E-mail [cmanderson8@cfl.rr.com](mailto:cmanderson8@cfl.rr.com)

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#### Message of Thanks from Christy Vanasse

I would like to thank my FEW Sisters' for the beautiful plant and many wonderful cards, email messages and phone calls during my recovery from heart surgery. I truly felt blessed being a part of this organization and realized that we really are "sisters". I've traveled a very long road the last few months and know I couldn't have done it without the help of my family, friends, and sisters. Thank you!!

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### PROGRAM COMMITTEE

**Jean Grenville**

The monthly meeting for the Space Coast Chapter, FEW was held at the badging building just outside Gate 2 on State Road 3 at 4:30 p.m. and was very well attended. Three meetings were conducted - Business meeting, Seminar

meeting and NTP 2002 meeting. Minutes of these meetings will be distributed. The September Business and Seminar meetings will be on Tuesday, September 25 at 4:30 p.m. at Kelsey's in Port St. John. The NTP 2002 Meeting will be held on September 18 at 4:30 p.m. at the badging building outside Gate 2. Your attendance is welcome at all these meetings. We need your help!



**SUNSHINE**  
**Christy Vanasse**

The following members have birthdays this month:

Vickie Hall	9/02
Pat Lowry	9/02
Joan Fosdick	9/22
Sharon White	9/25
Cindy Gooden	9/26
Jean Rhodes	9/27
Becky Denis	9/29

If you are not listed on the Birthday list, it's because we do not have your birthday in our books, please send an e-mail to Christy Vanasse with the day so that we can honor you on your special day.  
[Christy.Vanasse-1@ksc.nasa.gov](mailto:Christy.Vanasse-1@ksc.nasa.gov)

**Happy Birthday!**

### GOVERNMENT NEWS & LEGISLATION

**Vickie Hall**



#### **Frequent Flyer Miles**

In a session to update participants about the latest information on legislation affecting federal employees, the consensus among the panelists was that H.R. 2456, the bill to allow federal employees to keep their frequent flier miles for personal use, looked as though it would likely pass the Senate and be signed into law. The legislation has already passed the House.

### **TRAC Act**

A representative on the panel from Rep. Albert Wynn's office (D-Maryland) identified three areas of particular concern to the Congressman: the Truthfulness, Responsibility, and Accountability in Contracting (TRAC) Act, the federal sector EEO process, and free computers and Internet service for federal employees under the Federal Workforce Digital Access Act (H.R. 4232). The panelist said the Congressman began work on the TRAC Act because while the government is pushing to increase contracting out of federal jobs to the private sector, it is unable to show that contracting out is actually saving the government money. Moreover, no one knows exactly how many contractors there are doing business with the federal government. Among other things, the TRAC Act seeks to freeze contracting out until these issues can be examined more closely.

### **Federal EEO Process**

The federal EEO process is also a major concern for Rep. Wynn, since a GAO study reportedly found that agencies are "less than accurate" when providing data to the EEOC. In the last Administration, there was a Presidential Task Force that examined the federal sector EEO process. A draft has been done, Wynn's representative said, but with the change in Administration, it has not been released. He commented that if the EEOC did not put out the report, Rep. Wynn would.

### **Federal Workforce Digital Access Act**

The Federal Workforce Digital Access Act is also an important bill for Rep. Wynn. Under this Legislation, all federal employees would be entitled to a home computer and Internet service from the federal government for free. First introduced last year, the bill was reintroduced this Congress and reportedly has "some excellent support."

### **Long Term Care**

On H.R. 2559, the legislation to improve the Long Term Care program by expanding eligibility to deferred annuitants and by

exempting premiums from state taxes, Ewing stated that the legislation is currently before the House Judiciary Committee, which needs to act on it.

### **FY 2002 Civilian Pay Raise**

On the issue of the federal civilian pay raise for FY 2002, Ewing stated that while no one knows for certain, his prediction is that federal civilian employees will end up receiving a 4.6 percent pay raise next year.

### **Federal Employee Pay Comparability Act (FEPCA)**

The Federal Employee Pay Comparability Act (FEPCA) was also a topic of interest to many attendees. Currently, federal employee pay lags behind private sector pay by a 23-31 percent margin. Rep. Wynn's representative observed that FEPCA, the law that was supposed to close the gap between federal and private sector pay, is being ignored. He said D.C. area legislators try to bring a bill up every year implementing FEPCA, but it always gets defeated. He urged federal employees - especially those outside the D.C. area - to contact their Congressional representatives to pressure them to implement the pay comparability law. However, Mr. Ewing pointed out that no Administration has implemented FEPCA since it was first passed, which he said suggests there's a flaw in the statute. One criticism of FEPCA is that it does not take into account total compensation, includes not only pay, but benefits. When total compensation for the federal sector and the private sector is compared, federal employees supposedly don't fare nearly as badly as the 23-31 percent figures suggest. Ewing commented that Congress is "going to need to go back and take a look at [FEPCA] at some point."

### **Other News & Tidbits**

Jerry Shaw, General Counsel for the Senior Executives Association (SEA), identified three legislative initiatives SEA is pursuing this year - raising the cap for Senior Executive Service pay;

allowing agency heads the authority to offer "phased retirement;" and giving employees an opportunity to "cash out" up to 120 hours of their annual leave, so they can use that money to buy a house, pay for college, or for other purposes. Employees who choose to cash out part of their annual leave would have their 240-hour leave ceiling reduced by the number of hours they cashed out. In the short run, allowing employees to cash out their annual leave would cost the government money. But in the long run, he said, it would save money, since employees would cash out their leave earlier in their careers, when their salaries were lower, instead of at the end of their careers.

### **Question of the Month**

Did you know how long it takes for you to get a whole new body?

*Our cells are constantly replacing themselves, creating a whole new body every seven years.*

### **2002 FEW National Training Program (NTP)** **Magic and Space – Dreams in Progress** *Clara Anderson*

Planning for the 2002 NTP continues. Vickie and I attend training in Frederick, Maryland to learn how to set up our registration in Peopleware Pro – the registration software that we purchased. While it doesn't seem too hard, it will definitely be time consuming to get everything set up. We will start soon so that we don't forget what we learned.

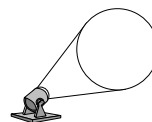
Becky Fasulo and I attended a reception sponsored by the Central Florida Black's in Government Chapter for the new Commanding Officer of the DFAS command in Orlando. Colonel Richardson knows all about FEW and requested we send her information. Her Command Sergeant Major,

a female, had not heard about FEW. We made several good contacts for information we need. We met Juanetta Jones who had retired from NOTU this year, and she's getting us a contact with the U.S. Navy for the Agency Forum.

I attend the monthly meeting of the Black's in Government and told them all about FEW and about the 2002 NTP. Many had not heard of FEW, so took chapter info, applications, NTP flyers, etc. Sent over our newsletter to share. I also took the "Agency" packet for delivery to Colonel Richardson. She was out of town this week and couldn't attend the meeting.

I met with Vivian Delgado, our Convention Services Manager, from the Rosen. I gave her our schedule and we went over all the events that will take place at NTP and questioned her about the extra space we could use for the Agency Forums (grand ballroom) and possibly using both signature rooms for computer classes. The reception on Tuesday night wasn't on the books as far as she could tell, so worked that issue. Gave her a layout of the exhibit hall. She will get the final from GES, but helped her to see what we have in mind. We talked about using a hospitality suite for an office if we need it. I also wanted to be sure that if we have meals that we had to pay for then didn't have people show up to eat them, that there was a mechanism in place to donate those meals to shelters. She says there is and will put that in our file. She seems really nice and I think we'll work well with her.

Using Quicken, I set up the Bank Account to match the line items of our budget. Working very well. Balanced the checkbook and sent the required reports to the NTP Finance Committee. All in all, things are going very well.



**MEMBER SPOTLIGHT**



*Charlotte Becker*

I was born in San Diego, California. As my father was a World War II veteran, we moved about every two years until I was 7 years old. I completed High School in Dover, Delaware. I married a Navy man in 1969. I started my Civil service career in 1972 in Port Mugu, California. I divorced after 14 years. At the time I had over 10 years of civil service with the Department of Defense mostly at Navy bases.

I was an independent agent for a promotional company until I got back into civil service at NASA on return to flight in 1988. I have been in the procurement, comptroller, biomedical and facility engineering and now in a Spaceport Services office directorates during my tenure at NASA. I have been the secretary for the 28 people in Transportation, Property, Propellants and Services Office since September, 1999.

My brother lives in Micco, Florida, my mother and sister live in southern New Jersey. I graduated from Barry University, Miami in 1994 with a BA. I have a Russia Blue cat named Kelly. I am an avid gardener; landscaping and maintaining most of my own yard. I sew or do many different kinds of crafts like pressed flowers and flower arranging after my gardening chores

I have been active in Equal Employment Opportunity Office and policies since 1975. I have been a member of the Business and Profession Women's (BPW) club since 1972. I held an office in the BPW club for almost 10 years. Here at NASA I have been working in the Federal Women's Program Working Group (FWPWG) since 1991. I am currently FWPWG Chair for 2001- 2002.

**"Prelude to 2002  
Magic & Space – Dreams in Progress"  
23<sup>th</sup> Annual Seminar**

**March 6 and 7, 2002  
Holiday Inn, Cocoa Beach  
Becky Fasulo, Chair**

Things are beginning to come together for our annual training seminar. Jean Grenville has been contacting speakers. She presented workshop topics at the August 28<sup>th</sup> meeting.

Our next meeting will be combined with the monthly Chapter Business meeting, which will be held at Kelsey's, Port St. John on Tuesday, September 25 starting at 4:30. Please plan on attending and getting involved. If you have not worked on the planning and preparation of the annual seminar, this is good training for our duties with the National Training Program next July. There are lots of other positions to be filled, so I'm looking for help. Contact me for more information or to fill a position. [Rebecca.Fasulo-1@ksc.nasa.gov](mailto:Rebecca.Fasulo-1@ksc.nasa.gov) or 867-4436.

**HEALTH CORNER  
Pap Smears**

A recent study of 128,000 women from the Centers for Disease Control and Prevention (CDC) suggests for women who have a normal Pap screening it may be safe to wait for up to three years before their next one. This is true in part because cervical cancer is typically slow growing. (However, most doctors and the American College of Obstetricians and Gynecologists advise against this, partly on the grounds annual exams check for more than just cancer. Also, the American Cancer Society recommends women have three consecutive normal readings one year apart before switching frequency.) To get the best possible test, it pays to ask your doctor a few questions. Find out whether she has direct contact with the

pathologist at the lab reviewing the smears.

If your doctor and the pathologist don't communicate, the pathologist may not have all the information needed to make a correct diagnosis.

Also, ask your practitioner about the tools (swabs, brushes or "spatulas") she uses to collect cervical cells. Research suggests a cytobrush, which looks like a mascara wand, is more effective than cotton swabs at obtaining a good smear, and spatulas equipped with extended tips can reach further into the cervix to sample hard-to-reach areas. You could broach the topic by saying, "Doctor, I've been reading about so many options lately, what do you use to do Pap smears?"

Finally, ask your physician whether she obtains cells from both the outside of the cervix and the canal that leads to the uterus. Sampling from both areas gives the doctor a better chance of catching abnormalities.

### CALENDAR OF EVENTS

#### September

- 3 Labor Day
- 18 NTP 2002 Meeting – Badging Bldg. At Gate 2
- 25 Hispanic Heritage Month Luncheon
- 25 **Business Meeting – Kelsey's/PSJ**

#### October

- 8 Columbus Day Holiday
- 17 Super Safety Day
- 23 Business Opportunities Expo
- 26-27 Days of Caring

### COMMUNITY OUTREACH

#### **Aneta Ott**

On September 15th the Space Coast Chapter will be involved with Keep Brevard Beautiful. It's their project Ocean Conservancy Florida Coastal Cleanup at Shepard Park in Cocoa Beach. We will have two shifts, one at 8, and one at 10. Our duties will be to hand out equipment for the volunteers. These volunteers are people who care about the beauty and safety of our marine resources. It is not too late to volunteer to help with this project. Call me at 867-8548.

Our project for "Make a Difference Day will be the Habitat for Humanity. It will take place on October 27th. As I get more information on this project, I will keep you informed.

### SPACE COAST CHAPTER NEWSLETTER **Sharon White**



This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Sharon White at QP-ES-A-or e-mail [Sharon.White-1@ksc.nasa.gov](mailto:Sharon.White-1@ksc.nasa.gov)

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

# FEDERALLY EMPLOYED WOMEN, INC.

## Space Coast Chapter 009

### Membership Application

<b>New Applicant</b>		<b>Renewal</b>		<b>Previous Member</b>		<b>Change of Membership Info</b>	
<b>Name</b>				<b>Membership Number</b>			<b>Birth Date</b>
<b>Home Address</b>							
<b>City, State, Zip</b>							
<b>Home Phone</b>							
<b>Agency/Company</b>							
<b>Mail Code/Address</b>							
<b>City, State, Zip</b>							
<b>Work Phone</b>				<b>FAX #</b>			
<b>E-mail Address</b>							
<b>If interested in serving as a Chapter Officer, please indicate which office</b>							
<b>President</b>		<b>President Elect</b>		<b>Vice President</b>		<b>Secretary</b>	<b>Treasurer</b>
<b>METHOD OF PAYMENT</b>							
(Credit Cards only available Jan-Mar)							
<b>Total Amount Due: see schedule below</b>							
<b>Cash or Check</b>		<b>Check No.</b>		<b>Credit Card</b>	<b>Visa</b>		<b>Master Card</b>
<b>Card Number</b>					<b>Expiration Date (MM/YY)</b>		
<b>Print Cardholders Name (as it appears on card)</b>				<b>Signature (Credit Cards Only)</b>			

Please place an X by the month dues are paid and pay the indicated amount.

	Month	Amount Due		Month	Amount Due		Month	Amount Due
	February	\$30.00		March	\$28.00		April	\$26.00
	May	\$24.00		June	\$22.00		July	\$20.00
	August	\$17.00		September	\$15.00		October	\$13.00
	November	\$11.00		December	\$9.00		January	\$7.00

**The National Office requesting the following for statistics only:**

**Position/Title:** \_\_\_\_\_ **Series/Grade:** \_\_\_\_\_

**Circle One:      SES      GM      GS      WG      Military      Other**

Circle if Applicable:      FWP Full-time      FWP Part-time      EEO

#### Demographics

Sex [F/M] : \_\_\_\_\_ Race: \_\_\_\_\_ Years of Service: \_\_\_\_\_ Retired [Y/N]: \_\_\_\_\_

<p>Membership dues are to be paid February 1<sup>st</sup> of each year. However there is a pro-rated fee schedule for those joining after March 1<sup>st</sup>. Please contact the Membership Chair, Clara Anderson, 639-3154 if you have questions concerning your dues.</p> <p style="text-align: right;">Form Revised (07/01)</p>
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